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(54) Title: ORALLY ADMINISTRABLE COMPOSITION FOR IMPROVING SKIN QUALITY

(57) **Abstract:** The present invention relates to an orally administrable composition for improving skin quality and prevent or restore age-related alterations of skin in humans or animals, which comprises as an active ingredient an effective amount of a molecule that stimulates energy metabolism of the cell or an antioxidant or combinatory admixtures thereof, in an orally acceptable carrier.

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